

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listing, of claims in the application:

**Listing of Claims:**

1. (Currently amended) A dumbbell clamp ~~connectable with a~~ and cable assembly for use in suspending a dumbbell from the cable, the clamp with fitness apparatus comprising: a ~~dumbbell clamp comprising~~ two spaced-apart plates being side portions connected to one another and each plate side portion comprising a notch for receiving a grip of the dumbbell, at least one of the plates connectable to the cable by a cable attachment means; and  
a dumbbell comprising a grip disposed in said notch of said two spaced-apart side portions;  
a locking means disposed on at least one of said two spaced-apart plates side portions for locking said grip of said dumbbell in said notch; and  
a cable assembly comprising a first end connected to a support assembly of said fitness apparatus and a second end connected to said clamp.
2. (Currently amended) The dumbbell clamp ~~connectable with a~~ and cable assembly of claim 1 comprising a slot intersecting said notch disposed on ~~each of~~ said at least one of ~~said~~ two spaced-apart plates side portions and wherein said locking means is a locking bar slidably disposed within said slot.
3. (Currently amended) The dumbbell clamp ~~connectable with a~~ and cable assembly of claim 2 comprising a biasing means for biasing said locking bar toward said notch.
4. (Currently amended) The dumbbell clamp ~~connectable with a~~ and cable assembly of claim 3 comprising a ~~handswitch~~ grip sensor disposed on a cross member between said two spaced-apart plates side portions.

5. (currently amended) A dumbbell and clamp for use with a self-spotting fitness apparatus comprising an engagement element for selectively engaging a cable attached to said dumbbell clamp to a supporting frame, said dumbbell clamp comprising:  
a dumbbell having a grip;

a clamp frame comprising a dumbbell attachment means for attaching a said grip of a said dumbbell to said clamp frame and;

a grip sensor disposed on attached to said clamp frame and disposed adjacent to said grip of said dumbbell when said dumbbell is attached to said clamp wherein grasping of said grip of said dumbbell actuates said grip sensor; and

a connector attached to said clamp frame for operably connecting said grip sensor to said engagement element of said self-spotting apparatus .

6. (currently amended) The dumbbell and clamp for use with a self-spotting fitness apparatus of claim 5 wherein said dumbbell attachment means comprises a grip notch in said clamp frame to retain said grip of said dumbbell.

7. (currently amended) A dumbbell and clamp for use with fitness equipment apparatus comprising:

a dumbbell having a grip;

a frame clamp comprising two spaced-apart plates side portions, each of said two spaced-apart plates side portions comprising a grip notch comprising a first end open to an outside edge of said plate and a second end comprising dimensions for retaining a said grip of a said dumbbell; and

a cable attachment element disposed on said frame clamp.

8. (Currently amended) The dumbbell clamp of claim 7 wherein said grip notch comprises a first end open to an outside edge of said side portion and a second end comprising dimensions for retaining said grip of said dumbbell and said second end of said grip notch of each of said two spaced-apart plates is disposed lower than said first end of said grip notch when said cable attachment element is spaced vertically above said second end of said grip notch.

9. (currently amended) The dumbbell and clamp of claim 8 comprising a releasable lock disposed on said each of said two spaced-apart plates side portions for locking said grip in said grip notch.
10. (currently amended) The dumbbell and clamp of claim 9 wherein said releasable lock comprises a lock bar slidably engageable with said grip notch of said each of said two spaced-apart plates side portions.
11. (currently amended) The dumbbell ~~claim and clamp~~ of claim 7 comprising a grip sensor disposed on said ~~frame clamp and disposed adjacent to said grip of said dumbbell when said dumbbell is attached to said clamp wherein grasping of said grip of said dumbbell actuates said grip sensor~~.
12. (new) The dumbbell and clamp of claim 11comprising a releasable electrical connector for operably connecting said grip sensor to an engagement element of said fitness apparatus.